



Physical Wellness

Embracing physical health by engaging in physical activity, a nutritious diet, proper sleep, and good hygiene.

Emotional Wellness

Effectively coping with life's changes and your emotions. Having the ability to empathize with others and understand your own emotions.

Social Wellness

Developing a sense of connection and belonging. Embracing a support system and sense of community,

Environmental Wellness

Occupying pleasant, safe, and stimulating environments that support well-being.

Occupational Wellness

Personal satisfaction and enrichment in one's work. Engaging in meaningful and impactful work.

Intellectual Wellness

Recognizing importance of personal development by finding ways to expand knowledge and learn new skills.

Financial Wellness

Creating a healthy relationship with money and finances. Living within your means and planning for your future.

Spiritual/Creative Wellness

Expanding your sense of purpose and meaning in your life through spiritual or creative practices.

